



*Town of Wallingford, Connecticut*  
*Health Department*

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## **PRESS RELEASE**

(Wallingford, CT) – With extreme temperatures forecast to impact Connecticut from Wednesday, July 26th, 2023, through Sunday, July 30th, 2023, Governor Ned Lamont is urging all residents, especially those most vulnerable, to take necessary precautions. The National Weather Service has issued heat advisories for most of the state during this period.

Cooling centers are being made available across Connecticut to provide relief from the heat. If you find yourself in need of a place to escape the soaring temperatures, please locate your nearest cooling center by calling 2-1-1.

In Wallingford, the YMCAs and the Spanish Community of Wallingford have been designated as local cooling centers.

### **Certain individuals are more at risk of heat-related illnesses, and it's essential to be vigilant about their well-being:**

- Infants and young children depend on others to regulate their environments and provide enough liquids to stay hydrated.
- People aged 65 and older may not efficiently compensate for heat stress and might struggle to sense and respond to temperature changes.
- Overweight individuals may be more prone to heat sickness due to their tendency to retain more body heat.
- Those who overexert during work or exercise may become dehydrated and susceptible to heat-related illnesses.
- Individuals with pre-existing health conditions like heart disease or high blood pressure, or those taking specific medications, such as for depression, insomnia, or poor circulation, may be more affected by extreme heat.

### **To stay safe during extreme heat, follow these prevention tips:**

#### **Stay cool:**

- Seek refuge in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your activity to the cooler morning and evening hours, and take frequent breaks in shaded areas to allow your body to cool down.
- Find an air-conditioned shelter (for a list of cooling centers, call 2-1-1). Relying on fans alone may not be sufficient in extreme heat.
- Avoid direct sunlight and wear lightweight, light-colored clothing.
- Take cool showers or baths to lower body temperature.
- Regularly check on individuals at high risk several times a day.
- Ensure pets have access to water and shade to stay cool if they cannot be brought indoors.

#### **Stay hydrated:**

- Drink more water than usual, even if you don't feel thirsty.
- Consume two to four cups of water every hour while working or exercising outside.
- Avoid alcoholic beverages and drinks high in sugar content.
- Remind others around you to drink enough water.

For more information, please contact the Wallingford Health Department at (203) 294-2065.